



self defense FOR WOMEN

The Brooklyn Women's Martial Arts Center will be coming to demonstrate ways in which we can protect ourselves when we're alone in the street. Timely tips on staying alert, firmly discouraging harrasment, yelling for help, keys as weapons, etc.

Fri.
NOV. 12, 7:30

IRONBOUND COMMUNITY School

432 Lafayette
Newark, NJ

WOMEN only

**BLACK WOMEN'S
HEALTH PROJECT**

NJ CARASA

For info:
675-1365 or
963-1013

